



# Hope Bariatrics

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Winter 2014

## Support Group Dates for 2014

### Heritage Valley Sewickley 6:00 pm

4<sup>th</sup> floor Conference room, Sewickley Hosp

Jan 13, Feb 10, March 10, April 14, May 12, June 9, July 14, August 11, Sept 8, Oct 13, Nov 10 and Dec 8\*

### Washington Hospital 6:00 pm

located at: The Wilfred R. Cameron Wellness Center

Jan 20, Feb 17, March 17, April 21, May 19, June 16, July 21, Aug 18, Sept 15, Oct 20, Nov 17, Dec 15\*

### Jefferson Hospital 6:00 pm Bibro Building Baldwin/Homestead room

Jan 27, Feb 24, March 24, April 28, May 26, June 23, July 28, Aug 25, Sept 22, Oct 27, Nov 24, Dec 22\*

\* denotes holiday party- call for info

**Watch the website for cancellations due to weather!**

**Newsletters will always be available on our websites.**

## Keep Things Simple for this Year's Goals

Happy healthy 2014 to all!!! It's the New Year and time to put thought into our annual goals. Most of us fail at our goals within the first month of the new year so why not take a simple approach. Motivational expert Jon Gordon says "reaching a goal can sometimes be accomplished by breaking it down to one word. Why not simplify things this year and choose one "word" to live by. Pick one word that that we can remember and focus on and do it. Then you have meaning and mission with that "word" that gives you passion and purpose to live throughout the year. Choosing that "word", takes looking in your heart and asking "what do I need, want, what is in the way, what do I need to focus on?" Thinking those questions through will help you identify your "Word". Then you have to live the "word" and make it part of your daily life. Make that "word" visible so you can stay focused such as on a screen saver or on notes. You may want to even get your family involved. The word that is meant for you is the "word" that you need to focus on to help you be your very best. Think about what you want to do this year that you haven't done, what do "you" want to be better at and that "word" will help you be better. So, take time to think and focus on that one "word" that will impact you to keep front and center with the beginning of a New Year!"  
-Jon Gordon

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Along with goals, keep in mind the minute to minute daily choices you make will influence your health.

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## ASMBS in the News...(summary)

### The Economics of Fat to Thin (Money Magazine)

In the January/February issue of *Money Magazine* freelance journalist and gastric bypass patient, Gary Weiss, discusses foreseen and unexpected costs patients are faced with when having metabolic and bariatric surgery. Weiss notes in the long run "losing weight can save you a tremendous amount on health care," however in the short term "you could be shoveling out a lot of cash. Even if your insurance covers the procedure." Weiss adds that "access to care is far from a guarantee," noting several small and large companies do not cover bariatric surgery, and under the Affordable Care Act many state exchanges do not include coverage for the procedures. Weiss also writes that even if a patient's insurer covers the procedure they "will likely still need to jump through hoops," including supervised weight loss programs and several pre-surgical visits, prior to being approved for surgery. Weiss notes that additional expenses that patients may incur during the pre- and post- surgical process included follow-up office visits, vitamin and supplement packages, possible fees for support group and nutritional counseling and, in some cases, secondary surgeries for complications or skin removal. Dr. Jaime Ponce was featured as the immediate past president of ASMBS in the article noting, "We do believe that to plan for surgery you have to plan for follow-ups – especially the critical first year – and complications." More than three years after his gastric bypass Weiss says "All the new expenses I'm incurring have been offset by saving in other line items," noting his food and health care expenses have decreased. He also notes that for patients the choice to have bariatric surgery "is not a simple cost-benefit equation," noting for him the psychological benefits were "priceless."

- For additional details and suggestions if your insurance denies your surgery- see the Jan/ Feb Money magazine 2014. (Just an additional note, his weight loss was a total of 267 pounds.)

## Important Reminders:

### Keep Liquids Separate from Food

The guidelines for success of all bariatric surgeries- Gastric Bypass, Sleeve Gastrectomy and Adjustable Bands, stress the importance of keeping liquids away from solid foods. It is one way that helps the surgeries work for you and it is also the number one reason that prevents success after bariatric surgery. The recommendations are to avoid liquids a ½ hr prior to eating, with a meal and an hour after completion of a meal. The reasoning is that stopping liquids prior to meals provides time for any liquid that is in the stomach to empty and making available the most space possible for food. During eating, chew very well and allow the solid food to go in to the stomach slowing and apply pressure to the narrowing portion of the band or stoma (connection between the stomach and small intestine). That gives you a full feeling that signals you to stop eating. The food will then slowly go through the openings, keeping you satisfied. Waiting to resume liquids for one hour after completing a meal will prevent flushing food through too quickly, resulting in hunger and maintaining the narrowing. Practicing these specific guidelines set by the experts will assist you with maintaining or obtaining weight loss. It is a life- long recommendation for success after all bariatric surgery.

## VITAMIN SCHEDULES:

### Gastric Bypass

#### patients:

**2-ADULT strength Multi-vitamins** -chewable or liquid, (Bariatric Formulated preferred for better absorption) in divided doses daily with food.

**B-12-** sublingual daily 500 mcg or 1000 mcg three times weekly or a monthly intramuscular injection.

**Iron-**36 mg daily- everyone needs iron after surgery, even men. Do not use ferrous sulfate or slow iron as it does not absorb well after surgery. Take iron **2 hrs** separate from calcium.

**Calcium CITRATE-** 1500 mg daily of calcium split into 500-600 mg doses throughout the day-  
**READ DOSAGE carefully on labels** to ensure proper amount. Do NOT use calcium carbonate products such as Caltrate, Tums or Viactiv chews- DO NOT use these products!

**Vitamin D-3** 3000 IU daily or the equivalent spread throughout the week.

### Adjustable Band

#### patients:

**1-Adult strength**-daily chewable or liquid Multi-vitamin

**1500 mg Calcium** daily split into 500-600 mg doses throughout the day- **READ DOSAGE carefully on labels** to ensure proper amounts.

**Vitamin D-3** 1000 IU or the weekly equivalent

## Gratitude

Get in the habit of writing down one thing that you appreciate about your life every day. Give yourself a few minutes to think about it and truly take it in. If you find something you don't like about your life or self, simply make a pact to simply make steps to change it. The rest of your life starts right now. You are the only one who controls your mind and actions and therefore your life.

## Omega-3 Fish Oil - Source: WebMD

In the past 10 years, many Americans have turned to omega-3 fish oil supplements. Dietary fish and fish oil supplements have benefits for healthy people and also those with heart disease. Omega-3 fish oil contains both Docosahexaenoic acid (DHA) and Eicosapentaenoic acid (EPA). Omega-3 fatty acids are very important in preventing and managing heart disease.

Findings show omega-3 fish oil may help to:

- Lower blood pressure
- Reduce triglycerides
- Slow the development of plaque in the arteries
- Reduce the chance of abnormal heart rhythm
- Reduce the likelihood of heart attack and stroke
- Lessen the chance of sudden cardiac death in people with heart disease.

The American Heart Association (AHA) recommends everyone eat fish (particularly fatty fish) at least twice a week. While foods are your best bet for getting omega-3s in your diet, fish oil supplements are also available for those who do not like fish. The heart-healthy benefits of regular doses of fish oil supplements is individualized, so talk to your doctor to see if they're right for you. If you have heart disease you may need even more omega-3 fatty acids. Ask your doctor if you should take higher doses of fish oil supplements to get the omega-3s you need.

How much omega-3 fish oil is safe? General recommendations are 1-3 grams of fish oil per day.

The AHA says taking up to 3 grams of fish oil supplements daily is considered safe. Don't take more than that unless you discuss it with your doctor first.

Are there side effects with omega-3 fish oil?

Side effects from omega-3 fish oil may include:

- a fishy taste in your mouth
- fishy breath
- stomach upset
- loose stools
- nausea

Taking more than 3 grams of fish oil daily may increase the risk of bleeding.

If you want to take higher doses of omega-3 fish oil supplements, talk to your doctor first. Your doctor can guide you in supplementing your diet with omega-3 fish oil. Also, your doctor can monitor all aspects of your health if you take higher doses of fish oil. For people with very high triglyceride levels, prescription fish oil medicines are also available. Always talk to your doctor about suggested dosage.

### Misc. Info:

As we begin a new year, Hope Bariatrics begins operating at the Washington Health System, Washington Hospital. On January 13, Dr. Felix will perform the gastric bypass on three of our Washington patients. We are excited to bring these life-changing surgeries to the Washington community! Live seminars are being conducted at the Wilfred R. Cameron Wellness Center in Washington, PA every first Wednesday of the month. If you know someone that can benefit from metabolic and bariatric surgery, call us for more details. Our experienced and friendly staff will guide you through the process and answer all your questions. Call 412-741-8862, ext. 208.

**Attention Jefferson patients:** Patricia Patton's office (professional building -room 207-1/2) has been temporarily moved to an office in the hospital. Please contact her for details at 412-267-6260. Keep in mind that our doctors are still seeing scheduled patient's on Tuesdays in the regular office located in the Professional Building, suite 209.

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